What is CBT - Lecture notes 19

Clinical Psychology (Bournemouth University)

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CBT – Cognitive Behavioural Therapy

- This is a talking therapy that looks at how we think about a situation (cognition) and how this affects the way we act (behaviour).
- It can help a person manage their problems by changing the way they think.
- Therefore, suggesting that our ACTIONS can affect how we THINK and FEEL
- CBT is based on the idea that our thought, feelings, bodily sensations and actions are all interconnected.
- Therefore, negative thoughts and feelings can trap a person in a vicious cycle.
- They develop personal coping strategies that target *solving current problems* and *changing unhelpful patterns* in cognition (e.g. thoughts / beliefs / attitudes) behaviours and emotional regulation.

- The main aim is to REDUCE SYMPTOMS
- Unlike other therapies, CBT deals with the *current problem* rather than focusing on issues from the past (e.g. childhood trauma).
- NICE recommends CBT as the main treatment for many disorders including depression and anxiety – it is the most commonly offered treatment on the NHS
- There is extensive evidence to show it is effective – mostly through RCTs.
- However, some therapists believe that there is to much emphasis on CBT and that its dominance means other forms of therapies (non-CBT = psychodynamic / humanistic) are overlooked even though they could benefit the patient more.

PROS:

- Helpful in cases where medication alone has NOT worked
- Can be completed in a short period of time
- It teaches people useful and practical strategies that can be used in everyday life

CONS:

- It may not be suitable for people with more complex health needs or learning difficulties
- It only focuses on the individual's ability to change their thoughts, feelings and behaviours – it does NOT address any wider problems that have happened to the patient in the past which often have a significant impact on the individual.

CBT waves:

1st wave – Behavioural interventions / therapy

2nd wave – Cognitive interventions / therapy

3rd wave – Mindfulness based interventions / therapies

- Each new wave appeared because of limitations from the previous wave / as an extension of or deviation from previous CBT treatment therapies.
- Each wave offers new forms of CBT

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